



# Diabetes Medication Therapy Management (MTM) Program

This Medication Therapy Management program invites employees who are enrolled in the Minnesota Advantage Health Plan to participate. This program seeks to help employee manage their diabetes through a partnership between the employee, their doctor and a chosen clinical pharmacist. Administration of this program is a partnership between Navitus, the Advantage health plan administrators, StayWell, and the University of Minnesota school of Pharmacy (UPlan).

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## Program Description

- This program is designed to provide medication therapy management (MTM) for employees enrolled in the Minnesota Advantage Health Plan with a diagnosis of diabetes.
- Employees will be given the choice to enroll in the program and select the network Medication Therapy Management (MTM) pharmacist from whom they will receive care.
- Pharmacists will provide MTM which is a systematic medication review, and includes the following elements: assessment, care plan, and evaluation.

For forms, Pharmacist Directory, and additional information visit the [MTM website \(www.mn.gov/MTM\)](http://www.mn.gov/MTM)

- The pharmacist will work with the participant to set and monitor treatment goals, identify and resolve drug therapy problems, and eliminate barriers to medication adherence.
- Clinical indicators that will be addressed are: A1C, LDL-C, systolic blood pressure, diastolic blood pressure, aspirin use, smoking status, and weight/BMI.
- Participants will meet with a MTM pharmacist every 3 or every 6 months or as needed depending on their health status.
- Participants will be encouraged to enroll in and complete a lifestyle management program through StayWell.

### Copay reduction and incentives for participation

- SEGIP pays the full cost of the face-to-face consultations with the MTM pharmacist.
- Copays waived for formulary diabetes medications, formulary test supplies and syringes.
- No cost to enroll in lifestyle program.
- Participants receive a \$50 contribution to a Health Reimbursement Arrangement (HRA) when they enroll in the MTM program; this contribution will be available within 30 days from enrollment and may be used for any initial lab or medical expenses.
- There will be no cost to take the Health Assessment and enroll in a lifestyle coaching program.
- Participants completing a lifestyle coaching program receive an additional \$200 contribution to their Health Reimbursement Arrangement (HRA).

### Choose a MTM Pharmacist

Pharmacists included in the [Directory of MTM Pharmacists](#) have met credentialing standards developed by the UPlan and the University Of Minnesota College Of Pharmacy.

For forms, Pharmacist Directory, and additional information visit the [MTM website \(www.mn.gov/MTM\)](http://www.mn.gov/MTM)

## Enroll in the MTM Program

To enroll, an employee will choose an MTM pharmacist from the directory and call to schedule their first visit. For the first visit participants should bring the following items with them to the meeting:

- Medical plan and Navitus ID card
- A list of all current prescription and over-the-counter medication including herbals, vitamins, and supplements
- Current health/lab results and the primary care provider's name, location and phone/fax number
- SEGIP Diabetes MTM Member [Participation Agreement and Consent](#)  
During the first visit, the participant and pharmacist will complete the Agreement and fax it to Navitus to initiate the copay reductions. The reductions are effective after the form is processed, which takes approximately seven business days.

## What to Expect at Your First MTM Meeting

The MTM consultation will be held face-to-face between the participant and the MTM pharmacist in a private room in the pharmacy or the clinic. An initial visit may last from 45 to 60 minutes. The pharmacist will ask questions about medical conditions, medical history, current lab results and medication use. This information will be used to assess current medications and identify any problems with medications.

With the participant's permission, the pharmacist will contact the primary care provider and present his/her assessment and recommendations. The pharmacist will work closely with the primary care provider to make health care as effective as possible and resolve any medication-related problems.

## Questions

For questions on medication therapy management, first read the [Frequently Asked Questions \(FAQ\)](#).

If your question isn't answered in the FAQs, contact Navitus at 1-866-333-2757.

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